

GOOP



## Pancakes, Tuna Sandwiches, and Black Pepper Chicken Buckwheat and Banana Pancakes

### ingredients

- 1 1/4 cups soy or rice milk
- 1 tablespoon lemon juice
- 1 tablespoon vegetable oil
- 1 tablespoon maple syrup, plus more for serving
- 1/2 cup buckwheat flour
- 1 teaspoon baking soda
- 1/2 cup unbleached all-purpose flour or white spelt flour (substitute rice flour to make pancakes completely gluten-free)
- 1/2 teaspoon salt
- 2 bananas, thinly sliced

### preparation

Mix all the wet ingredients together in a small bowl. Mix all the dry ingredients together in a slightly bigger bowl. Add the wet to the dry and stir just enough to combine – be careful not to over-mix (that's how you get tough pancakes).

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## Pancakes, Tuna Sandwiches, and Black Pepper Chicken Buckwheat and Banana Pancakes

### preparation (cont'd)

Heat a large nonstick skillet or griddle over medium-high heat (I love Jamie Oliver's nonstick cookware – it's so slippery that I don't need to use any oil or butter). Ladle as many pancakes as possible onto your griddle. Place a few slices of banana on top of each pancake. Cook for about a minute and a half on the first side or until the surface is covered with small bubbles and the underside is nicely browned. Flip and cook for about a minute on the second side. Repeat the process until you run out of batter. Serve stacked high with plenty of maple syrup.

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